

USDA National Nutrient Database for Standard Reference Release 27

Statistics Report 01132, Egg, whole, cooked, scrambled

Report Date:October 09, 2015 10:53 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	76.40	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kcal	149	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Energy	kJ	621	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Protein	g	9.99	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Total lipid (fat)	g	10.98	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Ash	g	1.01	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Carbohydrate, by difference	g	1.61	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Sugars, total	g	1.39	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Glucose (dextrose)	g	0.28	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fructose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Lactose	g	1.11	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Maltose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Galactose	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	66	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Iron, Fe	mg	1.31	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Magnesium, Mg	mg	11	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Phosphorus, P	mg	165	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Potassium, K	mg	132	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Sodium, Na	mg	145	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Zinc, Zn	mg	1.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Copper, Cu	mg	0.059	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Manganese, Mn	mg	0.022	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Selenium, Se	μg	23.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fluoride, F	μg	0.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Thiamin	mg	0.040	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Riboflavin	mg	0.376	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Niacin	mg	0.076	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Pantothenic acid	mg	1.217	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin B-6	mg	0.134	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Folate, total	μg	36	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Folic acid	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	36	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Folate, DFE	µg	36	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Choline, total	mg	221.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Betaine	mg	0.3	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Vitamin B-12	µg	0.76	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Vitamin A, RAE	µg	161	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Retinol	µg	159	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Carotene, beta	µg	26	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Cryptoxanthin, beta	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin A, IU	IU	578	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Lutein + zeaxanthin	µg	372	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin E (alpha-tocopherol)	mg	1.15	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2007
Tocopherol, beta	mg	0.03	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Tocopherol, gamma	mg	2.12	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Tocopherol, delta	mg	0.65	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	1.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Vitamin D3 (cholecalciferol)	µg	1.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Vitamin D	IU	72	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Vitamin K (phylloquinone)	µg	4.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Lipids													
Fatty acids, total saturated	g	3.331	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
4:0	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
6:0	g	0.016	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
8:0	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
10:0	g	0.021	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
12:0	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
13:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
14:0	g	0.092	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
15:0	g	0.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
16:0	g	2.170	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
17:0	g	0.019	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:0	g	0.927	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:0	g	0.013	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:0	g	0.008	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
24:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	4.441	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
14:1	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
15:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
16:1 undifferentiated	g	0.150	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
17:1	g	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:1 undifferentiated	g	4.250	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:1	g	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
24:1 c	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fatty acids, total polyunsaturated	g	2.429	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated	g	2.067	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:3 undifferentiated	g	0.134	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:2 n-6 c,c	g	0.013	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:3 undifferentiated	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:4 undifferentiated	g	0.139	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:4	g	0.010	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:5 n-3 (DPA)	g	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA)	g	0.043	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fatty acids, total trans	g	0.624	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Cholesterol	mg	277	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Phytosterols	mg	10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2010
Amino Acids													
Tryptophan	g	0.139	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Threonine	g	0.442	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Isoleucine	g	0.532	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Leucine	g	0.861	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Lysine	g	0.705	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Methionine	g	0.297	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Cystine	g	0.205	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Phenylalanine	g	0.535	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Tyrosine	g	0.402	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Valine	g	0.676	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Arginine	g	0.623	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Histidine	g	0.245	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Alanine	g	0.566	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Aspartic acid	g	1.034	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid	g	1.378	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Glycine	g	0.335	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Proline	g	0.453	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Serine	g	0.742	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003